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BULLETIN

MILITARY HOSPITALS COMMISSION

- CANADA -



PUBLISHED FOR THE INFORMATION
OF ALL INTERESTED IN THE WELFARE
OF CANADA'S RETURNED SOLDIERS



*BURLINGTON MILITARY CONVALESCENT HOME
BURLINGTON, ONT.*



PUBLISHED BY THE MILITARY HOSPITALS
COMMISSION 22 VITTORIA ST. OTTAWA
IN CONJUNCTION WITH THE BOARD OF
PENSION COMMISSIONERS FOR CANADA
- CONTENTS MAY BE REPRINTED -



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Please return address. *Keep on any extra copies that you may receive.*

In the Past Year—

- 21 new centres of treatment and vocational training were erected and equipped by the Military Hospitals Commission ;
- 45 buildings were remodelled and equipped for the same purpose ;
- 10,000 beds for convalescent soldiers were provided in these homes.

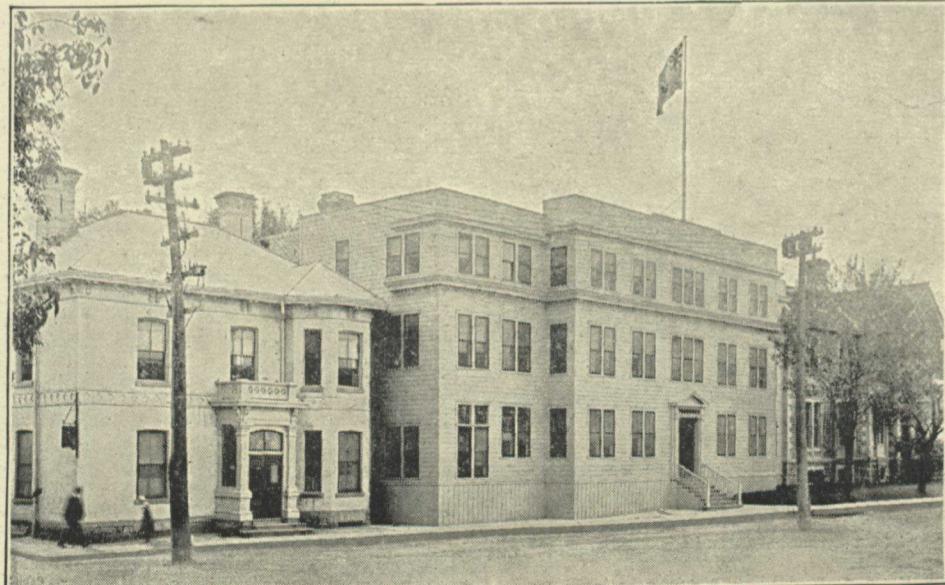
To-Day —

- 113 institutions (of which the Military Hospitals Commission conducts 71) are caring for convalescent soldiers ;
- 11,395 beds are available in convalescent homes ;
- 2,500 other beds are used in clearing depots ;
- 10,000 soldiers are under treatment ;
- 35,000 meals are served daily ;
- 3,000 men are enrolled for vocational training ;
- 869 men are being taught new trades.

Beginning of 1918 will see —

- 17,867 beds available ;
- 15,000 men enrolled for treatment ;
- 20,000,000 meals ordered for ensuing year.

The executive force of the enormous national organization of the Military Hospitals Commission is centred in the modest building illustrated below.



Head Office of the Military Hospitals Commission, 22 Vittoria St., Ottawa.

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BULLETIN MILITARY HOSPITALS COMMISSION CANADA

PUBLISHED FOR THE INFORMATION OF ALL INTERESTED IN THE WELFARE OF CANADA'S RETURNED SOLDIERS

November, 1917

An Historical Account of the Military Hospitals Commission

Early in 1915 when the returning stream of wounded and invalided soldiers began, the Department of Militia and Defence appointed a committee to prepare convalescent homes. As, however, that department was fully occupied in sending men overseas the government on June 30th, 1915, created a civilian commission, with Senator the Honourable Sir James Lougheed, P.C., K.C., as President, to care for the returning men.

On October 14th., 1915, a revised order-in-council was passed extending the benefit of treatment to men who had enlisted, but not proceeded overseas, and giving the Commission power to carry on vocational training, especially for the re-education of those who, because of their disabilities, could not follow their previous occupations, and to deal with employment.

A conference on the latter subject between the Commission and the Provincial Governments was called by the Prime Minister. A memorandum was adopted which led, immediately afterwards, to the appointment of commissions in each province, charged with the duty of bringing returned soldiers into contact with employers.

Vocational training begins

Rapid development in all branches of the work followed. In January, 1916, a Vocational

Secretary was named and Vocational Officers were appointed for each province to establish classes at the various homes. In June, 1916, a military command was created, into which all returned soldiers requiring further treatment are drafted. The headquarters are at the Commission's head office.

A director appointed

Branch offices have been opened at Halifax, St. John, Fredericton, Quebec, Montreal, Kingston, Toronto, London, Winnipeg, Regina, Calgary, Vancouver and Victoria.

By December, 1916, the responsibilities of the Commission had grown to the extent that Mr. S. A. Armstrong, previously Assistant Provincial Secretary for Ontario, was appointed Director to administer and co-ordinate the organization.

Some of the numerous orders-in-council dealing with phases of the Commission's activity will be historic, notably that providing funds for the maintenance of men and their families while undergoing re-education after discharge. The view-point of the men themselves has been considered at all times.



Senator the Hon. Sir James Lougheed,
P.C., K.C., President of the Military
Hospitals Commission.

Clearing depots operated

Since the formation of the Command the Commission has operated the Clearing Depots
(Continued on page Two)

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MILITARY HOSPITALS COMMISSION - CANADA

MEMBERS OF MILITARY HOSPITALS COMMISSION

Appointed by Order-in-Council

Senator, The Hon. Sir James Lougheed, P.C., K. C., K.C.M.G., (President).
The Hon. Thomas W. Crothers, P.C., K.C., Ottawa.
The Hon. John S. McLennan, Sydney.
W. M. Dobell, Esq., Quebec.
Hon. Colonel Sir Rodolphe Forget, M. P., Montreal.
W. K. George, Esq., Toronto.
Robert Gill, Esq., Ottawa.
Lloyd Harris, Esq., Brantford.
J. H. S. Matsen, Esq., Victoria.
D. Lorne McGibbon, Esq., Montreal.
Hector McInnes, Esq., K. C., Halifax.
W. F. Nickle, Esq., M.P., Kingston.
Brig. Gen. Sir H. M. Pellatt, C.V.O., Toronto.
F. W. Peters, Esq., Vancouver.
Lieutenant-Colonel C. W. Rowley, Winnipeg.
F. J. Shepherd, Esq., M.D., Montreal.
Lieutenant-Colonel Clarence F. Smith, Montreal.
Lieutenant-Colonel Thomas Walker, M.D., St. John.
The Hon. Smeaton White, Montreal.
The Director General of Medical Services Ottawa.

Nominated by Provincial Governments

Ontario : The Hon. W. D. McPherson, K.C., M.P.P., Toronto.
Quebec : The Hon. George A. Simard, Dandurand Bldg., 294 St. Catherine E., Montreal.
Nova Scotia : The Hon. R. M. McGregor, Metropole Building, Halifax, N. S.
New Brunswick : Thomas H. Bell, Esq., 49 Canterbury St., St. John, N.B.
Alberta : The Hon. C. W. Fisher, M.P.P., Government Buildings, Edmonton, Alta.
Manitoba : Sir Daniel McMillan, 185 Lombard St., Winnipeg, Man.
British Columbia : The Hon. H. E. Young, M.D., LL. D., Parliament Buildings, Victoria, B. C.
Prince Edward Island : The Hon. J. A. Mathieson, Parliament Bldgs., Charlottetown, P.E.I.
Saskatchewan : The Hon. Mr. Justice Elwood. McCallum Hill Building, Regina, Sask.

AN HISTORICAL ACCOUNT

(Continued from page One)

at Quebec, Halifax and St. John. Extensive alterations to the premises have been made to provide adequate facilities. Hospital trains transport those who cannot travel in ordinary sleeping cars.

Our seventy hospitals

Extensive building operations have been carried on by a Works Branch to keep the accommodation throughout the country abreast of the stream of arrivals. Over seventy institutions are now conducted at points from Sydney, C. B., to Sidney, B. C., and others are in course of construction. Small homes of 25 to 75 beds have given way to 600 and 1000 bed institutions.

Changes in name

Originally called "The Hospital Commission" the organization was re-named "The Military Hospitals and Convalescent Homes Commission" abbreviated to the "Military Hospitals Commission."

C. M. A. COUNCIL PROMISES HELP

Training in their new trades along absolutely practical lines is assured Canada's disabled soldiers as the result of a conference between W. E. Segsworth, Administrator of the Military Hospitals Commission Vocational Training Branch, and the Council of the Canadian Manufacturers Association. Representatives from East and West were present and following a talk by Mr. Segsworth they appointed a committee to cooperate with the Military Hospitals Commission by arranging to allow disabled soldiers to enter suitable industrial plants on a sort of apprenticeship basis.

It is in the interest both of the returned soldier and those who will subsequently employ them that the men compelled by their disabilities to enter upon new vocations shall be competent and experienced in the conditions which will surround them at their work. The Canadian Manufacturers' Association committee will also assist the Commission by recommending courses of training which will lead to industries where employment is sure.



Returned soldiers engaged in traction ploughing.

MILITARY HOSPITALS COMMISSION-CANADA

All Kinds of New Methods and Appliances Heal Wounds and Remove Disabilities

In the application of electrical and mechanical apparatus, massage, and physical training methods to medical problems, Canada's military convalescent hospitals have done original and extensive work. A school for masseurs and masseuses is in operation in Toronto. Several of the large institutions, notably those where amputation and shell shock cases are cared for, are equipped with the latest types of electrical apparatus and treatment baths.



Major R. Tait Mackenzie, R.A., M.C., of University of Pennsylvania, who made a report on physical therapy in M. H. C. institutions.

uous baths, whirlpool baths, vapour baths, electrically treated baths, etc., for certain classes of injuries prevalent among this war's wounded is a comparatively new discovery, but in Canada all modern ideas that will help the soldiers to the fullest possible recovery of every faculty are being used. Some of this equipment has been specially designed in the Commission's institutions.

New apparatus originated

Psychologists and physiologists are co-operating at Hart House, Toronto, in a system of re-education of mental and physical processes impaired by injury. If a man is unable to bend his elbow a special piece of apparatus is designed and constructed to enable him to practise until he recovers the lost movement. Between eighty and a hundred different types of apparatus have been originated in this manner.

Owing to the limited number of men in the world familiar with this science, a training centre has been established at Hart House, where enough workers, competent to carry on these activities in all convalescent centres, are undergoing instruction. The apparatus has been



Massage room showing electrical equipment.

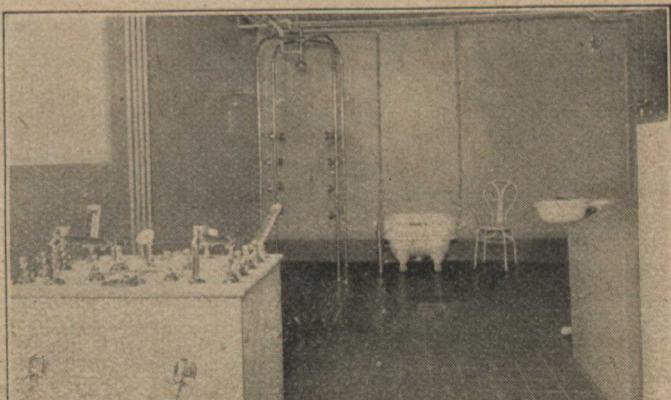
standardized and is being manufactured in the Commission's industries at Guelph for use in all its larger institutions.

Drills and dances cure

Remedial exercises, Swedish drills, games, folk dancing and numerous other methods are used for the same purpose.

When Major R. Tait Mackenzie, one of the world's greatest authorities on the application of physical training to medical problems, was retained recently to make an inspection of this class of work in the Canadian military convalescent hospitals, he endorsed the work done along the lines of his specialty and pre-

(Continued on page 5)



Nozzle, needle and sitz baths.

MILITARY HOSPITALS COMMISSION-CANADA

No Charges on Charity Among Canada's Veterans is Aim of Vocational Training Branch

Work is plentiful in Canada now, even for men partially disabled. Because of the present acuteness of public sympathy for those who have made great sacrifices in the common cause (a condition which has existed during every war, only to pass a year or two afterwards),



McGill Engineering Shops, Montreal, machine tool operation class of soldiers.

special openings are often found for the crippled. Many of these positions are connected with abnormal wartime industrial activities and cannot by their nature be permanent. When the war is over these men will be out of work and confronted with a public sentiment growing colder and colder.

Fighting the snaps

Many wounded soldiers have been tempted by these apparently seductive openings. The



Invalid Soldiers' Poultry Club at Savard Park, Que.

Military Hospitals Commission has been waging a constant struggle to persuade the disabled to avail themselves of the regulation permitting the Commission to go to almost any length in training them in permanent callings where their disability will be no handicap to efficient work. Thoughtful people realize that unless the man with a disablement has greater skill than his fit competitor in the labour market he will naturally be passed over by employers who have efficiency in their shops to consider.

Men train in factories

In order to give training which will be thoroughly practical a committee of the Canadian Manufacturers' Association and representatives of all leading industrial activities are in constant consultation with the vocational training officers of the M. H. C. Many soldiers are placed in shops and factories under apprenticeship conditions to learn new trades. In other cases actual shop working conditions are reproduced



M. H. C. Civil Service Class, Technical Institute, Montreal.

in the vocational buildings at the M. H. C. homes, especially at the Guelph Military Convalescent Hospital, where a large number of industries, working in wood, iron, textiles, etc., are operated on a commercially productive basis.

Teach thirty-five trades

Soldiers so disabled that they are debarred from their previous occupations are encouraged by every possible means to take training in a new trade. The way is not closed to any line of work in which a man could succeed. Fully 35 different trades are already being taught. Care is taken to survey the employment prospects in any industry, however, before a man is directed thereto.

Even soldiers who are able to return to their former occupations (and they are fortunately about nine-tenths of all the patients passing through the military hospitals) are urged during

MILITARY HOSPITALS COMMISSION- CANADA

their period of convalescence to take shop or class-room work of some sort which will be of value to them in civilian life. Many men by a few months' study improve their qualifications so that they obtain better positions on discharge than they had before the war.

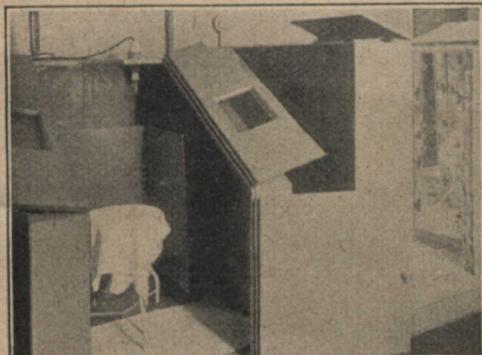
No "old soldiers" wanted

The inevitable decline in public sympathy for the wounded is constantly held before the soldiers in the convalescent hospitals, and the fate of the typical "old soldier" after other wars is held up as an object lesson to inspire those who have made such great sacrifices for Canada to take no chance of falling into this class a few years hence.

ALL KINDS OF NEW METHODS

(Continued from page 3)

sented a report recommending its expansion. This report is valuable in showing that the



Electric cabinet bath at Cobourg.

Military Hospitals Commission is on the right track and gives many important suggestions based on his wide experience and great knowledge of the subject. These are being carried into effect as quickly as possible.

'WAY DOWN EAST

Two Government houses, that at Fredericton, N. B., and the one at Charlottetown, P.E.I., are being remodelled and added to by the Military Hospitals Commission with a view to their use as convalescent hospitals for returned soldiers. There will be accommodation for over 400 at Fredericton and for about 200 at Charlottetown.

NEW 600 BED HOSPITAL

An entirely new 600 bed hospital is to be erected by the Military Hospitals Commission on property adjacent to the Macdonald College site at Ste. Anne de Bellevue. The structure will follow the standard plans adopted by the Commission and will be capable of expansion to



Some of the industries at Guelph with hospital building in back ground.

900 beds without inconvenience. Adequate provision will be made for vocational training, recreation and the administration of various special kinds of treatment such as massage, hydrotherapy, functional training and physical exercises. The equipment will conform to the high standard laid down by the Military Hospitals Commission for all its institutions. Special advantages will accrue from the proximity of Macdonald College with its splendid staff and equipment for education in agricultural and kindred subjects.

CONSTRUCTION AT LONDON

A six hundred bed convalescent hospital is to be erected by the Military Hospital Commission at London on the London and Port Stanley Railway. Construction is being undertaken right away on the first 300 beds and the necessary service facilities. Standard plans and structural methods as used at North Toronto, Winnipeg, Halifax, Moose Jaw and other places will be followed. The property is to belong to the Ontario government after the M. H. C. no longer requires it for returned soldiers. An agreement whereby the Ontario Government bears a portion of the original cost has been reached. The site was provided by the London City Council. Sir Adam Beck and Mr. Frank Glass, M.P. were prominent in the negotiations.



Returned Soldiers' motor mechanics' class at Automobile School, Montreal.

MILITARY HOSPITALS COMMISSION-CANADA

How Soldiers are Welcomed on Their Return to Canada

Canadian hospital ships are bringing about 2000 men a month back to Canada and the rate is ever increasing. To receive them the Military Hospitals Commission has equipped reception and Clearing Depots at the three ports of arrival, Halifax, St. John and Quebec. At Halifax the Red Cross ships, formerly palatial



Band playing on arrival at Halifax of hospital ship bearing wounded.

liners, berth alongside Pier 2, on which stands a reception hospital of over 600 beds. Soldiers destined for the Maritime Provinces and stretcher cases for all Canada are cleared through this institution and sent to their home provinces.

Train runs alongside ship

Men whose homes are in Quebec and provinces west board a special train on the pier within fifty feet of the ship's side. They are conveyed to Quebec City where the principal clearing depot, capable of accommodating 2000 men, is located.

Ride in Hospital cars

Men confined to bed are examined by medical boards at the Halifax Depot and, without any stop-over, are sent to suitable institutions as near their home towns as possible. Well equipped hospitals on wheels are assigned for their use. Cots are built in and wide double doors permit stretchers to be passed through the sides of the cars without discomfort to the injured ones.

Doctors and nurses are in charge and a special dispensary and diet kitchen are provided so that no attention may be lacking.

Social life provided for

The up-patients are cleared through the discharge depot at a rate of over 100 a day. Western men are despatched first, in order that all may reach home at about the same time. Y. M. C. A. social workers retained by the M. H. C. make the brief stay at Quebec one of the bright spots in the military experience of Canada's soldiers. The institution is commodious and comfortable and has ample recreation space. Entertainments are given every night and the Commission has two moving picture machines in regular use.

Quick service at meals

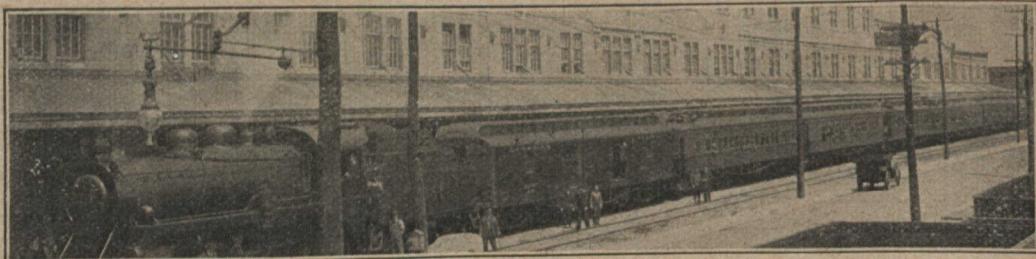
Suitable wards are set apart for tuberculous cases, shell shock men, and any incidental infectious diseases which may occur. The dietary department has a record of having served 6000 meals in one day. A highly organized double cafeteria which serves 600 men in less than 15 minutes does this work. Separate



Newly returned soldiers waiting to be "boarded" in discharge depot, Quebec.

kitchens prepare the food for patients on special diet.

At the discharge depot every soldier appears before one of the several medical boards, which recommends his future treatment. Those who are ready for discharge at once are conveyed to any point in Canada they wish. A clerical staff also prepares a digest of important information about the man's general history and condition to be forwarded to the institution to which he is sent for treatment.



M. H. C. troop train loaded with returned soldiers about to leave Quebec for points west.

MILITARY HOSPITALS COMMISSION-CANADA

How the Wounded Soldier is Restored to Civil Life

Military trains, consisting of regular sleeping cars and a diner, convey Canada's returned soldiers from the Quebec clearing hospital to a central depot in each M. H. C. Command Unit, where entries of their arrival are made, and passes for two weeks' leave with transportation to their home towns are issued to those whose condition permits. Doctors and nurses accompany the trains to administer dressings and other treatments which may be daily requirements of wounded men capable otherwise of looking after themselves.



Ward in Vancouver Military Annex.

Almost immediately after the ship docks a telegraphic dispatch conveys across the country the names of all returned men, to be published in the newspapers for the information of friends and relations. Reception committees co-operate with the M. H. C. local representatives in almost every important town to express the community's rejoicing at the soldiers' return by some public demonstration.

Civil life the objective

After his two weeks leave the soldier reports at the military convalescent hospital named on his pass. Here in comfortable, homelike surroundings he embarks upon the task of achieving victory over his wounds. Restoration to sturdy, independent civilian life is held before him as his objective, and the life of the institution stimulates his interest in that goal.



Dining Room at Whitby.

Sleeping accommodation is provided on single beds with real linen, a change from the boards and gray blankets of barrack life. Cheerful dining rooms, with healthy food and plenty of

it — the officers have the same as the patients — make meal-times worth while. Dietitians prepare the menus with a view to healthful blending of food values and the appetizing character of the dishes.

Recreations encouraged

An officer commanding, medical officers, matron, dietitian, vocational officers, physical director, nurses and masseurs have charge of the physical, educational and social welfare of the patients. Recreation rooms where picture shows, entertainments, and indoor games can be enjoyed afford opportunity for the boys to get together and have a good time. Billiard tables, bowling alleys, moving picture machines, or other equipment are at their disposal.

Indulgence in outdoor games is encouraged and sites for hospitals have been selected with a view to the opportunities afforded for this kind of entertainment. Medical officers and physical instructors are in charge so that no individual may do himself harm. Tennis courts,



Soldiers and nurses bowling at Shaughnessy Military Convalescent Hospital.

baseball diamonds, golf links, etc., are found at many of the homes.

Equipment high class

The hospital function is always kept in mind by the officers, but is thrust upon the patients as little possible. Dispensaries, massage rooms, and special treatment rooms are reserved for this purpose. In the active treatment hospitals where operating rooms are necessary the location and equipment conform to the most advanced surgical ideals. At the Orthopaedic Hospital, North Toronto, where at present amputation cases are concentrated and most of the major operations are performed, the celebrated Frink light which throws no shadow on the operating table is used.

If a soldier has an ailment requiring the care of specialists he is assigned to an institution equipped for the care of just that class of case. Thus, sanatoria for those having tuberculosis are scattered throughout the country and very few patients fail to recover their health.

(Continued on page Eight)



Provision for all classes

In addition to the orthopaedic hospital mentioned there is an artificial limb factory, and a hospital with all kinds of splendid methods for restoring the nerves of shell shocked men. Functional training of disabled arms and legs is concentrated at another building. In the ordinary



Discharged soldiers continue in re-education classes.

homes, however, all the facilities for carrying on standard convalescent treatment are carefully provided.

Should the injury from which a man suffers prevent him returning to his former occupation (a condition, which is always inquired into) a vocational counsellor consults with him and recommends that he learn another occupation from which he is not debarred by the injury. The M. H. C. maintains courses leading to from 30 to 35 different occupations. If such a man's taste leads him to select an occupation, not on the curriculum, but in which he would have a chance of success, the Commission is always willing to provide the necessary training.

Education is practical

The Canadian Manufacturers' Association and many other organizations and industries co-operate with the vocational training officials to make the re-education thoroughly practical. Many of the soldiers receive their training right in the factories or shops where they are to be employed.

Every returned soldier in a convalescent home is given the opportunity of taking some kind of vocational training to improve his general standard of knowledge. Workshops and class rooms are found at all institutions, usually in separate buildings designed for the purpose. Time need not hang heavily on the hands of any man in a military hospital, as all are encouraged to avail themselves of this opportunity of making themselves better fitted to obtain promotion in their own line of work.

Now is the only time

Should the man requiring education in a new trade complete his convalescence before his training is finished he may be discharged and live at his home while the Commission continues to support him and his family by a special allowance. The idea is always kept before the disabled soldier that now is the time for him to equip himself to compete with his fit comrades who will return after the war is



Every man likes to know how to raise vegetables in his back yard. He can learn at almost any M. H. C. institution.

over. It is made clear to him that if he does not now accept the highest opportunities offered for his improvement, there is no reason to believe that human nature has so changed

that five or ten years after this war is over the public will be any more considerate of veterans than it has been after other wars.

Employment provided

While the soldier is in a convalescent hospital local committees under provincial management



Entertainment hall at Whitby seating 1200.

are keeping in touch with the industrial life all over the Dominion, and a choice of positions is usually open to him the minute he is discharged or his training is completed. Very often the re-educated men are taught an advanced branch of the line of work they formerly followed and in spite of their disabilities obtain better positions than they formerly held.

WHAT OTHERS THINK

"The Military Hospitals Commission of Canada is doing everything possible to keep the troops from the Dominion in good health. Canada is doing her duty to her soldiers most thoroughly. In a word, Canada promises to do for her soldiers everything that could possibly be expected from the most democratic state in the world. The possession of this card (What Every Disabled Soldier Should Know) is a pledge to the Canadian soldier that the gratitude

of his country will be expressed in the most practical form." — The Yorkshire Observer, Sept. 5, 1917.

"This (article) can well close with a word of recognition of Canada's good fortune that this mustering of broken soldiers — this "civilization", if you will, to use a thought-challenging phrase to set off against the out-going "militarization" — is in the hands of a civilian body. The Military Hospitals Commission has shown breadth and social insight in conceiving its work for 13,000 convalescents, invalids and insane along lines of health, schooling and vocation. It has coordinated widely scattered institutional agencies into a working scheme for readjusting men to normal life and labor." — Paul U. Kellogg in the Survey, New York.

Lt.-Col. Mayes, Director of the Canadian Army Gymnastic Staff, after inspecting the work of physical re-education as carried on by the Military Hospitals Commission said, in a newspaper interview. — "I have observed what is being done in England and Canada and I am convinced that the Commission is working on right lines. Many new ideas have been tried out and some exceedingly efficient apparatus has



Recreation room for Soldiers at Drummond.

been constructed. If the work continues the way it started and is expanded as it should be, one of the finest organizations of its kind in the British Empire will be created." Lt.-Col. Mayes also said he was greatly impressed with the competence and enthusiasm of the workers.



Two views of the group of buildings which are occupied by the Military Hospitals Commission at Whitby, Ont.

MILITARY HOSPITALS COMMISSION-CANADA

Standardization Achieved in M. H. C. Construction

Adapting and constructing buildings to care for the continual stream of wounded and invalided soldiers arriving in Canada is a gigantic task which must never be allowed to slacken speed for a minute. Builders have worked day and night on almost every contract let by the Military Hospitals Commissions, in order that they might keep pace with the

vocational buildings have been approved and examples of them are to be found in many places, Halifax, Fredericton, Kingston, Toronto, London, Winnipeg, Moose Jaw, etc. Kitchen equipment and other supplies have also been standardized and are now ordered in bulk quantities in advance.



Interior of typical ward taken at Tuxedo Park, Winnipeg.

population of the hospitals, which, in spite of the splendid rate of discharge, has made nett increases this year of almost 1000 a month.

Many colleges, schools and other buildings have been adapted by extensive alterations and installation of plumbing, kitchen equipment and treatment facilities, but the scarcity of suitable structures and the limited number of highly trained medical officers and other special classes of officials required has led to the decision in future to construct large new centres.

Standard plan practically fire proof

In adding wings to existing buildings a standard type of construction has been evolved. Two new 600 bed hospitals⁷ of this class are now under way at Halifax and Ste. Anne de Bellevue. Others are contemplated. A practically fire-proof structure, economical as to cost and capable of speedy erection, is the type adopted. Uniform plans affording a maximum of efficiency in administration are used. Additions can easily be made without disturbing the life of the institution.

Supplies ordered in advance

Typical designs for convalescent wards, sanatorium pavilions and

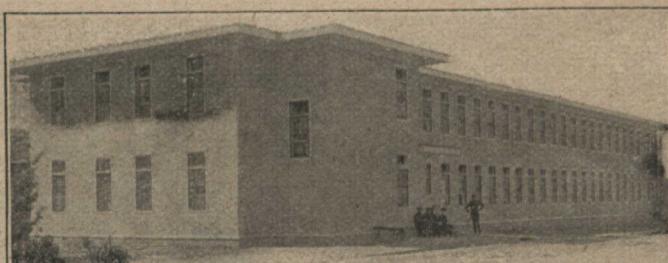
MANUFACTURE APPARATUS

Arrangements have been made for the manufacture in the industries of the Guelph military convalescent hospital of standard apparatus and appliances for the reeducation or functional training of disabled soldiers. Pioneer work in devising apparatus for this purpose has been done by the Commission's re-education staff at Hart House, and on Major R. Tait Mackenzie's report standard pieces have been evolved for use in all leading military hospitals



Fifty-six bed pavilion for M. H. C. patients at Kentville Sanatorium.

throughout Canada where patients who could be benefitted by these methods of treatment are likely to be stationed.



Exterior of standard ward, Tuxedo Park M. C. H., Winnipeg.

MILITARY HOSPITALS COMMISSION-CANADA

M. H. C. Food Control Conserves Men's Health

Barracks methods have been departed from in preparing meals for convalescent soldiers in the Military Hospitals Commission institutions. The talent of scientifically trained dietitians has been applied to the Commissary department. Every effort is made to present attractive meals in order that this important factor in the patients' convalescence may be up to the high standard of other classes of treatment afforded.

A woman's big job

One of the largest government organizations in the world directed by a woman is the Commissary Branch of the Military Hospitals Commission. The General Organizing Dietitian, a young woman of broad experience and great executive ability, has under her control all the dietitians, chefs, kitchen and dining room help in institutions scattered across the whole Dominion and serving at the present time between thirty and thirty-six thousand meals a day. The organization is growing so rapidly that positive figures cannot be compiled on this point because by the time the addition is done the number has grown.

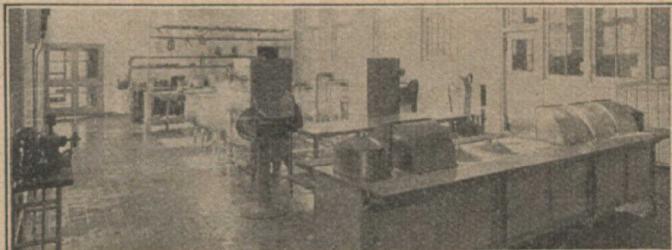
Aim at speedy service

Special diets, as prescribed by the medical officers for sick patients, are prepared in separate kitchens under the direction of the Dietitian. Modern steam equipment of uniform type is used in the main kitchens and owing to the large number of inmates in most of the homes cafeteria service is in general use. This is

speedier and insures the men receiving hot dishes in hot condition and cold dishes in cold.

Typical menus cited

Here are three typical menus selected at random from ones served in a particular insti-

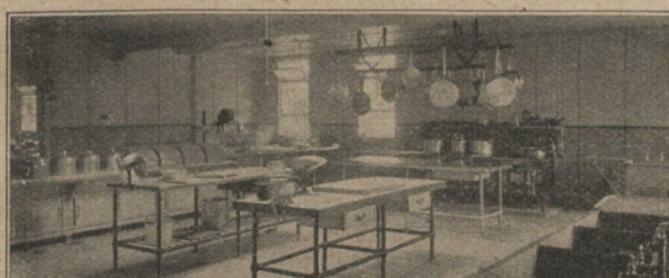


Kitchen at Whitby.

tution. Breakfast : Rolled oats, bacon and eggs, orange marmalade, rolls, butter and coffee ; Dinner : barley soup, roast beef and gravy, cabbage, mashed potatoes, bread and butter, creamed tapioca and tea ; Supper : cold ham, scalloped potatoes, preserved fruit, cake, bread and butter and tea.

In order to do this 12,000 eggs, 18,000 rolls, 6,000 lbs. of bread, 1,125 lbs. of butter, 12,000 pieces of cake, 1,200 quart jars of fruit, 2,400 quarts of coffee, 5,600 quarts of tea and 5,000 lbs. of raw beef, in addition to the other items, are required.

At one institution, the Quebec Discharge Depot, where a fluctuating population adds to the difficulty, the Dietary Department has a record of having served 6000 meals in one day. A ton of fish was used in the preparation of one meal.



Standard kitchen as planned by dietitian and architect.

Sameness is avoided

Menus are always prepared with two ideas in mind, the food value for health purposes and the appetizing quality of the dishes. Variety is maintained. Waste is carefully guarded against, however, by a system of food control which at no time interferes with the men's right to good quality food and additional helpings.

MILITARY HOSPITALS COMMISSION- CANADA

M. H. C. Institutions

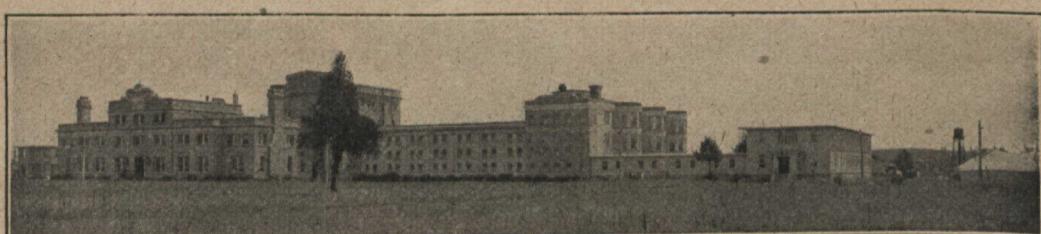
The figures indicating accommodation in the following table include not only beds actually in use or ready for use, but those which will be available when construction now under way is completed.

In addition the Commission has available about 1600 beds in 43 institutions (chiefly general hospitals) under other management.

Except where the abbreviation San. (Sanatorium for the treatment of tuberculosis) appears after the names all are Military Convalescent Hospitals.

NAME	PLACE	ACCOMMO- DATION
Nova Scotia		
Ross	Sydney	35
Moxham	Sydney	110
Clayton	Halifax	25
Pine Hill	Halifax	125
Camp Hill	Halifax	600
Pier Two	Halifax	600
Provincial San.	Kentville	276
Prince Edward Island		
Dalton San.	Charlottetown	75
Gov. House	Charlottetown	200
New Brunswick		
Government		
House	Fredericton	450
Jordan San.	River Glade	40
Armouries	St. John	300
Discharge Depot	St. John	100
Quebec		
Savard Park	Quebec	150
Discharge Depot	Quebec	1500
San	Lake Edward	85
Drummond	Montreal	180
Grey Nuns	Montreal	300
Khaki Home	Montreal	50
Laurentian San.	Ste. Agathe	50
Laurentide Inn		
San	Ste. Agathe	70
Ste. Anne's	Ste. Anne de Bel- levue	600
Ontario		
Elmhurst	Kingston	42
Queen's	Kingston	450
Mowat	Kingston	230

Fleming	Ottawa	90
Ontario	Cobourg	450
Whitby	Whitby	1500
Spadina	Toronto	290
Central	Toronto	170
Orthopaedic	North Toronto	500
Euclid Hall	Toronto	40
Guelph	Guelph	800
Newmarket	Newmarket	150
Victoria	Hamilton	30
Mountain San.	Hamilton	170
Burlington	Hamilton	316
Oakhill	St. Catharine's	25
Central	London	150
London	London	600
Queen Alexandra		
San	Byron	110
Keeler	Port Arthur	25
Freeport San.	Kitchener	40
Manitoba		
Deer Lodge	Winnipeg	48
I. O. D. E.	Winnipeg	75
Clearing Depot	Winnipeg	100
Manitoba	Winnipeg	750
Ninette San.	Ninette	100
Saskatchewan		
St. Chad's	Regina	55
Earl Grey	Regina	70
Saskatoon	Saskatoon	150
Emanuel College	Saskatoon	100
Moose Jaw	Moose Jaw	450
Prince Albert San.	Prince Albert	44
Alberta		
Ogden	Calgary	200
Strathcona	Edmonton	190
Edmonton	Edmonton	250
Clearing Depot	Calgary	50
Frank San.	Frank	70
British Columbia		
Esquimalt	Victoria	110
Resthaven	Sidney	160
Qualicum	Qualicum	120
Shaughnessy	Vancouver	200
Fairmont	Vancouver	150
Military Annex	Vancouver	300
San	Balfour	120
Tranquille San.	Kamloops	50



View of Guelph Military Convalescent Hospital from the North West. The stone structure in the centre was formerly used by the Ontario Government. The wings, right and left, are standard construction of the Military Hospitals Commission and increase the ward accommodation by 300 beds. The industries, where an important part of the industrial re-education of disabled soldiers will be carried out, are at the rear hidden from view.

MILITARY HOSPITALS COMMISSION-CANADA

Moving Pictures Inform Wounded about Canada's Plans for their Future

Moving pictures of the Canadian Military Convalescent Hospitals are being taken. They will show all phases of the life and activities in the various institutions. The Military Hospitals Commission in undertaking to prepare this film had in mind the necessity of giving full information to the Canadian wounded soldiers in England of the facilities prepared in Canada to assist their convalescence and return them to independent civilian life.

The film will be shown in the overseas hospitals. While scenes of human reconstruction

from all parts of the Dominion are flashing on the screen a trained public speaker will deliver an address, partly to explain, and partly to inspire the men to give the fullest possible co-operation in availing themselves of the opportunities presented.

Famous "movie" man did work

To make the photographs, one of the most noted "movie" camera men in America toured the Dominion visiting almost every institution.

The arrival at Halifax, the clearance through the Discharge Depot, the hospital train-ride, the life in the convalescent home, the recreations, the various kinds of treatment, the vocational training, and, lastly, the discharged soldier in spite of a disability working at his job, self supporting, independent, and a sturdy citizen — all these are shown.

To encourage disabled

The key-note will be the optimistic message that injury does not mean pauperism, that every

man is given a chance to make good under circumstances devised by scientific men who have applied themselves to the various subjects under which assistance can be given. But the alternative will be indicated. The man who gives up, who does not try to achieve victory over his wounds, will be shown his ultimate fate — vagrancy.



Movie operator "shoots" Lieut. Governor Barnard as he chats with a patient in the new Military Hospital at Vancouver.

OBSERVATION HOSPITAL

Drummond Street Military Convalescent Hospital, Montreal, will become a centre for the observation of special cases when the convalescent home at Ste. Anne de Bellevue is completed. As patients reach the convalescent stage they will be transferred to Ste. Anne's.

Loyola College, as the Drummond home was formerly known, is a modern substantial building splendidly suited for the purpose to which it is to be applied. Situated in the heart of the City it is easily reached by the leading specialists who are called in by the Military Hospitals Commission to care for such cases as are assigned to this class of hospital.



Interior of a C. P. R. hospital car, with nurses.

BOARD OF PENSION COMMISSIONERS FOR CANADA

PENSIONS

The question of pensions for our wounded and injured who have come back from the front and for the widows, children and widowed mothers of those who have fallen in France, is one which means a great deal to Canada. It means much at the present time, but it will mean more in the future.

The payment of these pensions will involve many millions of dollars every year. It is necessary, therefore, that every Canadian should know as much as possible about soldiers' and sailors' pensions.

PAID BY THE COMMISSION

Soon after our wounded began to come home the Government made new and generous Regulations regarding pensions.

It appointed two returned Military Officers and one Naval Officer as a Board of Pension Commissioners to administer and pay the pensions under the new regulations. All three Commissioners were appointed on account of the fact that they were not only experienced business men, but were also familiar with the life of soldiers overseas and with social conditions in Canada. The head-office of the Board of Pension Commissioners is at Ottawa. When it took over its duties, the staff employed consisted of only 23 persons. It now consists of over 300, and every day new employees are being added as the pensions payable increase in number.

PROMPT CONSIDERATION OF COMPLAINTS AND REQUESTS

Besides its Head Office in Ottawa, the Board has opened District Offices in the larger cities of Canada. Through these District Offices it is able to keep in touch with all returned soldiers, with all pensioners, and with all those who have husbands or sons at the Front. At the end of these remarks will be found a complete list of the District Offices opened to date.

Returned soldiers, and relatives of soldiers who are still at the Front, will be found on the staffs of both the Head Office and the District Offices. The result is that every request for information, every application for pension, and every complaint, receives and will continue to receive prompt, courteous and sympathetic consideration. If information is desired with regard to

pensions, it is best to write to the Board at Ottawa direct, or to see the Head of one of the District Offices.

CANADIAN PENSIONS IN ENGLAND

Applications for Canadian Pensions in England are made through the Pay Office and the Pensions & Claims Board. When pensions have been granted, the Canadian High Commissioner's Office in London makes the payments to such pensioners as reside Overseas.

WHAT IS A PENSION?

A pension is a grant made by the Government of a certain monthly or yearly sum of money. It is paid to those soldiers and sailors who have been disabled during their service, and to the widows, children and parents of those soldiers and sailors who have died during their service.

It is not possible always to grant a pension to a man who has been disabled, or to his dependents if he dies. The Regulations which have been made by the Canadian Parliament make it quite clear that soldiers and sailors who have been disabled or have died as the result of their own negligence cannot have pensions granted to them or to those dependent on them.

It would not be fair to the people of Canada to pay a soldier a pension for a disability which he has drawn upon himself by his own wrongdoing or carelessness. No one would expect the Country to give a pension to a man who deliberately shot off one of his fingers. It is equally clear that the Government should not be expected to give a man a pension when his disability is the result of his own intemperance, vicious conduct, or deliberate disobedience of orders. In such cases it is only right that the man should, himself, bear the consequence of his own act.

DISABLED SOLDIERS AND SAILORS

When a soldier or sailor has been wounded, or injured, or is suffering from a disease contracted on active service, and when it is considered that his wound, injury, or disease is serious enough to make him unfit for military service, he is returned to Canada. If he needs treatment

BOARD OF PENSION COMMISSIONERS FOR CANADA

the Military Hospitals Commission looks after him. If he has had sufficient treatment he is ready for discharge to civil life.

Sometimes he has been made as well as he was at the time of enlistment, and in such cases he is not entitled to pension. Sometimes, again, he cannot be completely cured, and in those cases he is entitled to pension. The amount of his pension is worked out so that it exactly makes up to him the loss which an average man would suffer as the result of the particular wound, injury or disease from which he is suffering.

In some cases it would appear that pension does not make up to the man what he has lost, but in nearly all such cases the wound, injury or disease has either existed in the man before he enlisted or has not resulted from his service but from his own wrong-doing.

WIDOWS AND CHILDREN

A pension is paid to the widow and children of a soldier or sailor who has been killed, or who has died as the result of wounds, injuries or disease which occurred during his service. The widow has lost her husband, and the children their father. He was the main support of his home, and when he has lost his life in the service of his Country the Government must make up to his wife and children the financial loss they have suffered. The amount of these payments is worked out in accordance with the loss which the widow and children of an average man would have suffered by such a man's death.

DEPENDENT PARENTS OF DECEASED FIGHTERS

A widowed mother or an aged and infirm father of a soldier or sailor who has been killed or has died on service will also be entitled to receive a pension. They do not, however, receive this pension merely on account of their relationship to the soldier or sailor. They must prove that they were wholly or mainly dependent on him, — that is to say, that they had been mainly or totally supported by him up to the time of his death. If they are able to support themselves, either through their own earnings or through assistance which is given to them by other sons and daughters, they will not be entitled to pension. The reason that a father or mother must have actually been supported by a son before he or she can be entitled to pension is that the son does not, in ordinary cases, support his mother and father. In fact, it is far more frequent that the mother or father supports the son.

The mother or father cannot get a pension when the son, who has died, leaves a widow or children. The reason for this is that the son owes support to his widow and children first and is not expected to look after his mother or father if he has a wife or children.

In later issues of the Bulletin more detailed information will be given regarding the operation of the different Departments of the Board and regarding the many problems that come before it for discussion, with illustrations showing how the rules governing pensions work out.

LIST OF DISTRICT OFFICES OF THE B. P. C. OPEN TO DATE

405 Dennis Building,
Halifax, N. S.

C. R. Smallwood, Resident Visitor,
For the Board of Pension Commissioners,
Room 14, Cameron Block,
150 Richmond St.,
Charlottetown, P. E. I.

43 Canada Life Building,
60 Prince William Street,
St. John, N. B.

306, Drummond Building,
Montreal, P. Q.

604 Union Bank Building,
Ottawa, Ont.

Room 7, Bank of Toronto Building,
Barrie, Ont.

Merchants Bank Building,
81 Brock Street,
Kingston, Ont.

Room 506, 59 Yonge, St.,
Toronto, Ont.

Bell Telephone Building,
Hamilton, Ont.

53, Bank of Toronto Building,
London, Ont.

702 Notre Dame Investment Building,
Notre Dame Ave.,
Winnipeg, Man.

611 McCallum Hill Building,
Regina, Sask.

312 McLeod Block,
Edmonton, Alta.

500 Leeson & Lineham Block,
Calgary, Alta.

504 Union Bank Building,
Victoria, B. C.

317 Vancouver Block,
Vancouver, B. C.

The Pensions & Claims Board, C. E. F.
13 Berners St.,
Oxford Street,
London, W. I., Eng.

MILITARY HOSPITALS COMMISSION-CANADA

Questions and Answers

Q. Unable, on account of my wounds, to return to my old work as a butcher I have, while in the convalescent home, been taking re-education as a pure food inspector. The M. O. said to-day that he was going to discharge me next week as my wounds are healed. I am not yet ready to take my examination and have no money saved to support myself while finishing the course. Will the Commission delay my discharge until I am able to take the examination? C. B. L.

Ans. If you have been regularly granted a course of re-education because you are unable to follow your previous occupation, you will, upon the date of your military discharge, be placed upon a special scale of pay and allowances under Order-in-Council P. C. 976. The amount varies according to the number of a man's dependents, but if you are a married man it will be approximately equal to military pay and allowances, plus the patriotic fund.

Q. Does the Military Hospitals Commission raise the funds to carry on its work by public subscription? G. D.

Ans. No. Donations of games and special pieces of comfortable furniture for recreation rooms in some of the hospitals are gratefully accepted, but the Commission's funds are voted by the Governor-General in Council from the Dominion Treasury.

Q. I was wounded at Ypres and am now receiving a second class pension. I was given, in addition to my pension an increase for my three children; but a fourth has just been born. Am I entitled to an increase to my pension for this last child? A. B.

Ans. Yes, you are entitled to \$6.00 per month increase to your pension. Every child born to a pensioner, who receives a pension in the first three classes, entitles the pensioner to an increase of \$6.00 per month.

SOME ABBREVIATIONS AND TERMS EXPLAINED

M. H. C.	Military Hospitals Commission.
M. H. C. C.	Military Hospitals Commission Command.
M. O.	Medical Officer.
O. C.	Officer Commanding.
M. C. H.	Military Convalescent Hospital.
O. i/c.	Officer in charge.
V. S.	Vocational Secretary.
D. V. O.	District Vocational Officer.
M. S.	Medical Superintendent.
A. D. M. S.	Assistant Director of Medical Services. (A Militia Department Officer).
B. P. C.	Board of Pension Commissioners for Canada.
Hydrotherapy	Treatment by water baths.
Mechanotherapy	Treatment by mechanical apparatus.
Physiotherapy	Treatment by physical training methods and apparatus.
Electrotherapy	Treatment by electric apparatus.
"In" Patient	Convalescent soldier living in a Military Hospitals Commission institution.

"Out" Patient

Bed case
"Up" patient

T. B.
Vocational
Re-education

Physical
Re-education

Advanced convalescent permitted under certain conditions to live out and report to the hospital periodically for treatment.

Patient confined to bed.
Convalescent soldier not confined to bed.

Tuberculosis.
Teaching new occupations to soldiers disabled in such a manner that they cannot return to their former trades.

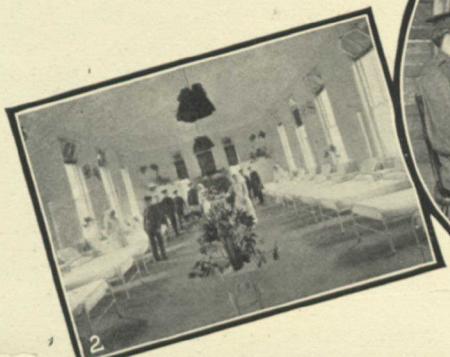
Restoring and improving bodily movements and mental processes impaired by war.

SUMMER HOTEL NOW HOSPITAL

Brant House, at Burlington Beach near Hamilton, Ont., one of the most attractive summer hotels in Canada, is being remodelled by the Military Hospitals Commission. It will be used as a convalescent home for the treatment and vocational training of returned soldiers. Accommodation for 316 patients will be provided.

NO CIVILIAN STUDENTS

In order to afford adequate accommodation for the re-education of disabled soldiers in Alberta the Technical Institute of Calgary will hold no day classes for civilians until its use by the Military Hospitals Commission is no longer required.



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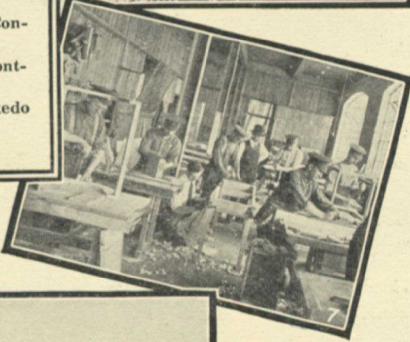
1. Nova Scotia Coal miner training for office work.
2. Ward in M. H. C. Hospital at Esquimalt, B.C.
3. Opening of Military annex at Vancouver General Hospital.
4. Forge Shop at Technical Inst. Calgary.
5. Interior of Typical Sanatorium Ward.
6. M. H. C. Officials in Conference.
7. Woodworking Class at Montreal.
8. M. H. C. Hospital at Tuxedo Park, Winnipeg.



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MILITAR

BULLETIN MILITARY HOSPITALS COMMISSION

- CANADA -



PUBLISHED FOR THE INFORMATION
OF ALL INTERESTED IN THE WELFARE
OF CANADA'S RETURNED SOLDIERS



Old Government House at Fredericton, N. B., which with additions will be made a 450-bed convalescent hospital.



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